

SALINE INFUSION INFORMATION SHEET



WHAT IS IT?

A saline infusion is a procedure where 0.9% sodium chloride (also called “normal saline”) is delivered directly into your bloodstream through an IV cannula. Normal saline is a concentrate of 0.9g of sterile salt dissolved in every 100mm of sterile water, this solution mimics the body’s natural balance.

WHAT TO EXPECT

This procedure is completed within our treatment room. One of our nurses will call you in and prep for the infusion before the doctor comes in. Once your consent is given to proceed with the procedure the nurse will put an IV cannula into your arm which will be attached to the fluid. The fluids will run over an hour. You will be monitored throughout the procedure.

WHY DO I NEED THIS?

Saline infusion are routinely used to those who are experiencing signs of dehydration such as headaches, fatigue or dizziness. Saline infusion can also be used for those who cannot safely eat or drink, this can include those enduring ongoing nausea and vomiting.

FOR MORE INFORMATION:

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